

Answers to podcast : Stress in the workplace (BBC 6 minute English)

Listen carefully to the speakers. How many times do they use the word 'stress' and what other forms of the word 'stress' are used?

Answers : Stress (11) stress-related (2) stressful (5) stress-free (2) stressed (1)

TIP: An easy way to increase your vocabulary is to learn a family of words. Use a good dictionary to help you do this.

Comprehension questions:

According to a survey carried out this year, what is considered to be the most stressful job? Is it:

- a) A commercial airline pilot
- b) A school teacher
- c) A surgeon

Answer : a) A commercial airline pilot

Vocabulary used in the podcast

stress

a feeling of tension and worry

absence

being unavailable

tough

difficult, hard

employees

people who are paid to work for somebody

taking its toll

causing suffering, harm or damage

public sector

part of the economy that is controlled or supported financially by the government

organisational change

replacing the structure of a workplace with a different one

job security

the probability of someone keeping their job for a long time

redundancies

jobs which will stop existing

a strategy

a plan to achieve something

counselling

professional advice about a problem, often relating to mental health